WHAT IS CLAIMED IS:

A composite comprising:

flax; and

at least one polymer.

- 2. The composite of claim 1 wherein said at least one polymer is selected from the group consisting of polyvinyl chloride, high density polyethylene, and polypropylene.
- 3. The composite of claim 1 further comprising at least one stabilizer.
- 4. The composite of claim 1 further comprising at least one lubricant.
- 5. The composite of claim 1 further comprising at least one process aid.
- 6. The composite of claim 1 further comprising: at least one foam modifier; and at least one blowing agent.
- 7. The composite of claim 1 further comprising:at least one stabilizer;at least one lubricant; andat least one process aid.
- The composite of claim 1 further comprising:
 at least one stabilizer;

at least one lubricant;

at least one process aid;

at least one foam modifier; and

at least one blowing agent.

9. A composite comprising:

flax in an amount of about 20-140 parts by weight;
a polymer resin in an amount of about 100 parts by weight;
at least one stabilizer in a total amount of about 1-8 parts by weight;
at least one lubricant in a total amount of about 1-15 parts by weight; and
at least one process aid in a total amount of about 1-12 parts by weight.

- 10. The composite of claim 9 wherein said polymer resin is selected from the group consisting of polyvinyl chloride resin, high density polyethylene resin, and polypropylene resin.
- 11. The composite of claim 10 wherein said polymer resin is said polyvinyl chloride resin.
- 12. The composite of claim 10 wherein said polymer resin is said high density polyethylene resin.
- 13. The composite of claim 9 further comprising at least one inorganic filler in an amount less than about 20 parts by weight.
- 14. The composite of claim 9 wherein:

said flax is in an amount of about 110-130 parts by weight;
said polymer resin is in an amount of about 100 parts by weight;
said at least one stabilizer is in a total amount of about 2-6 parts by weight;
said at least one lubricant is in a total amount of about 2-8 parts by weight; and
said at least one process aid is in a total amount of about 1-5 parts by weight.

- 15. The composite of claim 14 further comprising at least one inorganic filler in an amount less than about 10 parts by weight.
- 16. A composite comprising:

The composite of claim 16 wherein:

flax in an amount of about 20-140 parts by weight;
a polymer resin in an amount of about 100 parts by weight;
at least one stabilizer in a total amount of about 1-6 parts by weight;
at least one lubricant in a total amount of about 1-12 parts by weight;
at least one foam modifier in a total amount of about 1-20 parts by weight;
at least one process aid in a total amount of about 1-12 parts by weight; and
a blowing agent in a total amount of less than about 2 parts by weight.

- 17. The composite of claim 16 wherein said polymer resin is selected from the group consisting of polyvinyl chloride resin, high density polyethylene resin, and polypropylene resin.
- said flax is in an amount of about 47-70 parts by weight;
 said polymer resin is in an amount of about 100 parts by weight;
 said at least one stabilizer is in a total amount of about 2-4 parts by weight;
 said at least one lubricant is in a total amount of about 2-6 parts by weight;
 said at least one foam modifier is in a total amount of about 1-12 parts by weight;

said at least one process aid is in a total amount of about 1-3 parts by weight;

and

18.

said blowing agent is in a total amount of less than about 1 part by weight.

- 19. The composite of claim 18 further comprising at least one inorganic filler in a total amount of about 5-15 parts by weight.
- 20. The composite of claim 18 further comprising at least one weathering additive in a total amount of less than about 12 parts by weight.